

Cancer Rates Remain High in African American Men



Did you know that African American men are more likely to develop cancer than are African American women or white men and women? African American men are nearly 1.5 times more likely than white men to die from cancer. That is truly bad news.

Here is the Good News

You don't have to be part of that statistic. Why? Because there are things you can do.

That's right. According to the National Cancer Institute (NCI), we can lower our chances of getting cancer if we make small changes in the way we live each day. NCI tells us that men should eat 9 servings of fruits and vegetables a day as part of a healthy, active lifestyle. Learn more about the benefits of eating fruits and vegetables at www.9aday.cancer.gov.

Be Good to Yourself.

The following healthy habits will lower your chances for cancer and other diseases like high blood pressure, heart disease, and stroke.

Eat 9 servings of fruits and vegetables a day as part of a healthy diet

- Eat delicious fruits as snacks
- Eat hearty vegetables with every meal
- Enjoy your favorite beans and greens—just watch the fat

Accumulate at least 30 minutes of total activity throughout the day

- Take the stairs instead of the elevator
- Go for a walk around the block
- Play ball with the kids

Don't smoke

- It's never too late to stop. The benefits start the day you drop the habit.
- If you don't smoke, that's good. Don't start.

Small Changes = Big Benefits

Eating 9 A Day is easier than you may think. One serving fits in the palm of your hand, making it easy to eat 2 or 3 at a time. Try these ideas for including more fruits and vegetables in your day:

- Take a fruit you like to work to munch on.
- Eat a big cool, crispy salad at lunch.
- Make sure to include a side or two of delicious vegetables with dinner.
- Eat a sweet, colorful piece of fruit for dessert.

These tips make it easy to eat 9 servings of fruits and vegetables a day. Giving your day a healthy boost with fruits and vegetables is one small change to make. Better health and a longer life is a big benefit to enjoy.



Dr. Terry Mason is the chief of urology at Mercy Hospital in Chicago,

the Director of the Center for New Life and the Midwest regional Chair of the National Black Leadership Cancer Control Network.